



The Update is a bi-weekly Web newsletter published by the Iowa Department of Public Health's Bureau of Family Health. It is posted the second and fourth week of every month, and provides useful job resource information for departmental health care professionals, information on training opportunities, intradepartmental reports and meetings, and additional information pertinent to health care professionals.

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## Suicide Prevention Walks Scheduled

According to the Iowa Department of Public Health, suicide is the second leading cause of death for Iowans between the ages of 15 and 40. According to the 2008 Iowa Youth Survey, 17 percent of 11th grade girls admitted to attempting suicide, yet most suicide deaths are male because of the lethal means used (primarily firearms).

Suicide injuries and death can be prevented and the stigma surrounding suicide can be reduced by openly acknowledging suicide, and directly addressing the depression and other stressors associated with it. The Iowa "Out of the Darkness" walks are for anyone who cares about the issues surrounding suicide, but are especially designed for those who have lost friends or family to suicide.

"The walks are an important way for Iowans to honor and remember loved ones they've lost, as well as reduce the stigma associated with talking about suicide," said IDPH Behavioral Health Division Director Kathy Stone. "As we learn more about suicide, we can be alert for signs and symptoms and seek help when needed for ourselves and those we care about."

These events help fund the American Foundation for Suicide Prevention's (AFSP) ongoing efforts with research, education and prevention initiatives. They also provide suicide prevention funding for the community that hosts the walk. There are five "Out of Darkness" walks scheduled across Iowa:

- August 22 at City Park in Iowa City
- September 19 at the DMACC Lake, Building 7, in Ankeny
- September 26 at Memorial Park in Royal
- October 2 at Southbridge Mall in Mason City
- October 9 at Noelridge Park in Cedar Rapids

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## Child Abuse Reporting Number Changed

The Iowa Department of Human Services is rolling out a state wide centralized Child Abuse and Neglect and Dependent Adult Abuse Hotline. This is rolling out in our area Tuesday, August 10, 2010. As a result of this there is a new phone number to contact beginning August 10, 2010. If you would take a few minutes to let your staff know and to post this in your office that would be greatly appreciated. The phone number for DHS Centralized Intake is **1-800-362-2178**. The fax number for the intake unit is 515-242-6884. The mailing address for CSIU is PO Box 4826 Des Moines, Iowa 50305.

The Department of Human Services thanks you for your patience and understanding during this transition period and appreciates your commitment to the safety and wellbeing of the children and adults of Iowa.

## Suicide Prevention Walks Scheduled

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Participants at the Ankeny and Iowa City walks are encouraged to help create a large memory board by bringing a 5" X 7" picture or memento of a loved one lost to suicide.

Other Suicide Awareness and Prevention events held earlier this year include an AFSP College Campus Walk in Ft. Dodge in June with over 200 walkers who raised \$21,000, and a 5K run in Dunkerton that involved over 400 participants and raised \$12,000.

For more information, or to sign up or donate to any of the Iowa Out of the Darkness walks, visit <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.eventList&eventGroupID=9AA117B3-F522-BB6D-359D1AA2D75A7958&filter=true&state=iowa>.

Suicide Prevention Week is September 5 through 11.

**Contact Information: Polly Carver-Kimm at (515) 281-6693**

## Family Support/Home Visitors Breastfeeding Training

This new session is dedicated to supporting parents of breastfeeding children and is a follow up to the Family Support Nutrition and Physical Activity training session previously provided by Iowans Fit for Life at the Iowa Department of Public Health.

- Cedar Rapids Monday, September 20
- Harlan Tuesday, September 21

Register with Dennis at [dhaney@idph.state.ia.us](mailto:dhaney@idph.state.ia.us) or 515-281-7501 by Monday, September 13, 2010. Training location will be provided in registration confirmation e-mail.

To download a flyer, go to page 5 of **The UPdate**.

# Calendar

**August 31, 2010**

**Cost Analysis Training for new contractors/contractor new employees, 10 a.m. - 2 p.m., Lucas Bldg., 517-518**

**September 1, 2010**

**Cost Analysis Training for experienced contractor personnel, 9 a.m. - 12 p.m., 'Go To Meeting', Lucas Bldg. 517**

**September 17-18, 2010**

**Iowa Symposium on Hearing Loss**

**\*October 13-14, 2010**

**BFH-CHSC Fall Seminar, Gateway Conference Center, Ames**

\* Required meeting

## **SEPTEMBER Contract Required Due Dates**

10 - Due: CCNC Encounter Data

15 - Due: GAX & Expenditure Report

28 - Export WHIS Records to IDPH



# THE UPdate



**Bureau of Family Health: 1-800-383-3826**  
**Teen Line: 1-800-443-8336**  
**Healthy Families Line: 1-800-369-2229**  
**FAX: 515-242-6013**

<b>NAME</b>	<b>PHONE</b>	<b>E-MAIL</b>
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Area code is 515

# Family Support/ Home Visitors

NO COST

## Breastfeeding Training

This new session is dedicated to supporting parents of breastfeeding children and is a follow up to the Family Support Nutrition and Physical Activity training session previously provided by Iowans Fit for Life at the Iowa Department of Public Health.

Cedar Rapids      Monday, September 20  
Harlan              Tuesday, September 21

9:30 AM to 3:00 PM

9:00 AM	Registration Opens
9:30 AM	Welcome
9:40 AM	Breastfeeding Support
10:45 AM	Break
10:45 AM	Breastfeeding Support
12:00 PM	Lunch (Provided)
12:30 PM	Breastfeeding Support
1:30 PM	Break
1:45 PM	Breastfeeding Support
2:45 PM	Questions Evaluations
3:00 PM	Adjourn



Register with Dennis at [dhaney@idph.state.ia.us](mailto:dhaney@idph.state.ia.us) or 515-281-7501  
By Monday, September 13, 2010

Training location provided in registration confirmation email

